

IN THE DRAWINGS

Please replace the following figures as follows:

See proposed changes to Figures. 1,6 and 8, as shown in red ink.

IN THE CLAIMS

Please add claim 23, as follows:

--23. A yoga mat, comprising:

a mat comprised of a flat structure having an upper surface, a lower surface and a longitudinal axis;

a first center line positioned upon said upper surface of said mat;

a second center line positioned upon said upper surface of said mat parallel to said longitudinal axis and orthogonal with respect to said first center line, wherein said second center line intersects said first center line;

a plurality of first lines parallel to said first center line;

a plurality of second lines parallel to said second center line;

wherein said first center line, said second center line, said plurality of first lines and said plurality of second lines provide a plurality of rectangles upon said mat, wherein said plurality of rectangles are separated into six non-overlapping sets of four quadrants defining a unit area on opposing sides of said second center line wherein each set of said four quadrants has a center point; and

a plurality of ~~markers wherein a single marker is located on selected~~ intersections of said plurality of second lines with said first line and at each said center point of each set of four quadrants.--